

# Family Resource Centre

## COVID-19 e-letter June 8, 2020

Client and Family Integrated Care, [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

The information provided in this newsletter is for reference only. It is not intended as a recommendation or endorsement of organizations, news sources, policies or political parties, or as a comprehensive resource list.

### Holland Bloorview Kids Rehabilitation Hospital

- **NEW** [HB Info Line](#) The HB Info Line is a new service to help kids, youth and families learn about and get connected to the many programs and services at Holland Bloorview. Tel: 416-400-8876. Call Monday to Friday between 9 a.m. and 5 p.m. You can also text, leave a voicemail or email [info@hollandbloorview.ca](mailto:info@hollandbloorview.ca). A hospital staff member will respond back within one business day.
- [HB Alumni Network](#) Holland Bloorview values the experience and insights of clients and families. We want to ensure our connection does not end after clients have been discharged from our hospital. We have developed an alumni network so clients (13+), families, and caregivers can connect, share experiences and help us improve care and services. Click [here](#) to learn more and to register.
- [BLOOM's blog on parenting children with disabilities](#) To subscribe to BLOOM's monthly e-letter, go to the link and scroll down to the blue banner to input your e-mail.
- [BLOOM Facebook](#)
- [COVID-19: Tip Sheets and Resources](#)
- **NEW** [Transitions Pop-up: Music Therapy Hour with the March of Dimes LIFE Program! June 12](#)

### Talking about Racism

- [Coming Together: Standing Up to Racism: A CNN/Sesame Street Town Hall for Kids and Families" – aired June 6](#)
- [BLOOM blog: anti-black racism in healthcare](#) (Holland Bloorview Kids Rehabilitation Hospital)
- [Video](#) from parenting expert Alyson Schafer on how to speak to children of all ages about racism.



## Webinars/virtual events

- [Triple P Parenting sessions - June 8, 15](#) (York Hills Centre for Children, Youth and Families)
- [Webinar series for parents and caregivers to explain how providers can support your child \(and you\) through virtual care - June 10, June 17](#) (Exceptional Lives)
- [Introduction to Creating Your Individualized Housing Plan - June 9](#) (Developmental Services Ontario)
- [Webinar: How to enhance physical activity participation - June 10](#) (Autism Ontario)
- [Wellness Services - June calendar of events](#) (Surrey Place)
- [Children's Healthcare Canada COVID-19 webinars, events, and recordings](#) (Children's Healthcare Canada)
- [Podcasts \(recorded\): Mental Health Strategies for COVID-19](#) (The Conference Centre of Canada)

## Transitions

- [Why you should apply for services after getting Passport \\$5000 funding - June 18](#) (Developmental Services Ontario)
- [Technology to Support Independence: how technological assistance can be used to increase independence and reduce support costs \(June 11, 15, 17\)](#) Developmental Services Ontario
- [Employment Accessibility Program: Talk Tuesdays- a free online support group \(Job Start\)](#)

## Caregiver & Sibling support

- [Weekly webinar for caregivers - June 8, 15, 22: SCALE Program \(Supporting Caregiver Awareness, Learning and Empowerment\)](#) The Ontario Caregiver Association
- [Family Service Toronto](#)
- [Support group for grandparents of children, youth & autistic adults - June 10](#) (Autism Ontario)
- [Virtual Coffee Chat online - June 11](#) (Children's Treatment Network - CTN)
- [Online weekly caregiver support group](#) (Ontario Caregiver Organization)
- [Young Caregiver's online support group \(ages 15 - 25\)](#) (Ontario Caregiver Organization)
- [Remote Young Carers Program Sessions](#) (Young Carers Program)  
Please e-mail [info@hospicetoronto.ca](mailto:info@hospicetoronto.ca) with the subject line "YCP" with any questions or concerns you may have.

2



## Covid-19 information

### Legal and government updates

- **NEW** [Canadians with disabilities to receive one-time payment of \\$600](#) (Federal)
- [Updates on the law and legal services related to COVID-19](#) (Steps to Justice)
- [COVID-19 updates on supports for people with disabilities](#) (Partners for Planning)
- [ODSP Covid-19 information](#) (Ontario Disability Support Program)

### Children and youth with disabilities and Covid-19

- [My COVID Disability Q: Canada's New Q&A Hub for Canadians with Disabilities](#)  
A twitter platform for Canadian children and youth with disabilities to ask questions that relate to both their disabilities and the COVID-19 outbreak (CanChild, the Kids Brain Health Network, and the CHILD-BRIGHT Network)

### **NEW** Province of Ontario - testing for COVID-19

To support Ontarians who have identified the need to get tested, as of May 24, 2020, people will no longer need a referral to go to any of the more than 130 assessment centres across Ontario for testing. No Ontarian will be declined a test. If you do choose to get tested, here are a few important notes:

- Testing is voluntary.
- You **do not** need an OHIP card to be tested. It is a **free** service.
- Some assessment centres may require you to book an appointment first or have certain restrictions (for example, some are unable to test young children). [Find out more about an assessment centre near you.](#)
- You can also take an online [self-assessment](#) to help determine if you should get tested.
- If you are free of symptoms and have not had contact with anyone confirmed to have COVID-19 when presenting for testing, you will not be required to self-isolate. However, you should self-monitor for symptoms for 14 days regardless of your test result. If you begin to develop symptoms, self-isolate and contact your local public health unit for further advice.

*This e-letter belongs to a set of specialized resources for the COVID-19 and Coronavirus outbreak period. If you are looking for other family resources that have to do with childhood disability, please visit [www.hollandbloorview.ca/resourcecentre](http://www.hollandbloorview.ca/resourcecentre)*

Holland Bloorview's Grocery Foundation Family Resource Centre is a place where you can find information and resources on childhood disability that are helpful to you and your family. We have information on: respite, recreation, housing, funding, education, parenting and more. All Holland Bloorview workshops and events are listed on [www.hollandbloorview.ca/familyevents](http://www.hollandbloorview.ca/familyevents) Questions? Please e-mail [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

3

